



**White House Initiative on Asian Americans and Pacific Islanders (WHIAAPI)
Educate, Engage, Empower (E3!)**

Mental Health



Participants at the White House AAPI Behavioral Health Forum on May 9, 2014 (Photo courtesy of White House Initiative on AAPIs)

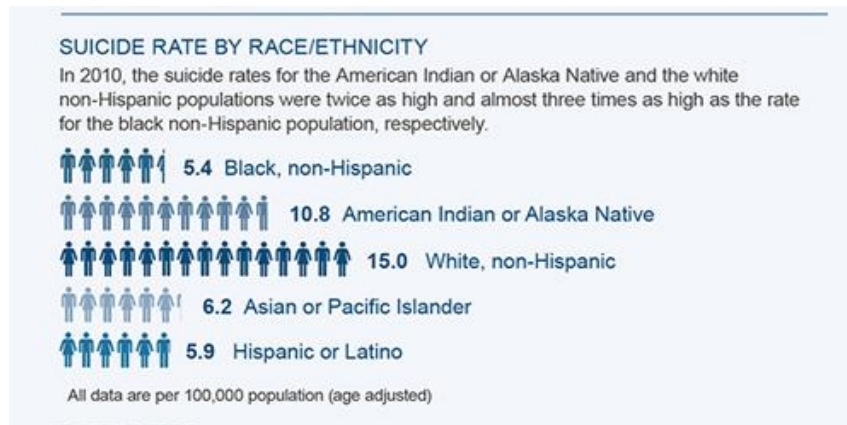
Last year, the White House Initiative on Asian Americans and Pacific Islanders (WHIAAPI) partnered with other White House Initiatives to engage youth about health care changes that are happening through the Affordable Care Act (ACA). This partnership led to the recruitment of young leaders to become Healthy Engaged Youth (HEY!) Ambassadors to lead ACA outreach activities in their communities.

Educate, Engage, Empower (E3!) is the expansion of the program to include these four topic areas: **Education, Mental Health, Pathways to Public Service, and Deferred Action for Childhood Arrivals (DACA)**. We are inviting young leaders like you to **become E3! Ambassadors and lead outreach activities in those four areas in your local communities** this year. The possibilities are endless – set up a table to share resources at a campus fair, create outreach videos, or even host a conference – whatever you want to do to get the word out to those around you!

To help you get started, we have created a toolkit that caters to each specific area! These toolkits are to help you get started – do not feel limited to the ideas and resources we have compiled for you! Let this be a starting point for you and let your creativity take off from here. This toolkit is focused on **Mental Health**.

MENTAL HEALTH: The Issue

In [a recent study](#)¹, it was discovered that a high percentage of the AAPI community suffers from Post-Traumatic Stress Disorder (PTSD) and depression. This has resulted in AAPI females having higher suicide rates than others populations, specifically in the Chinese-American community, where it has been found that the suicide rate of Chinese-American women is 10 times higher than among white women.



Infographic released in May 2013 representing the suicide rate by race in the United States. (Created by HealthyPeople.gov)

Speaking publicly about these topics is important because AAPI communities and families struggling with behavioral health issues often suffer in silence and without access to culturally and linguistically appropriate services that could help them combat social stigma. With the recent passage of the [Affordable Care Act \(ACA\)](#)², 2 million more AAPIs will be eligible for coverage and 2.7 million people will be able to receive preventative services.



*Click on the image above to hear about Anisha's story of hope and recovery.
(Video can be found at mentalhealth.gov).*

¹ <http://minorityhealth.hhs.gov/templates/content.aspx?ID=6476>

² <http://www.ed.gov/edblogs/aapi/files/2013/03/ACA-Infographic.pdf>

video <http://www.youtube.com/watch?v=ANJ2J3c5mYw>

Outreach Ideas

Use the suggested outreach ideas below to get an idea of what activities you should host during these months.

- Reach out to several student organizations and ask them to help raise awareness on **mental health** within the AAPI community.
- Include resources and information about mental health and the ACA on student organization websites.
- Wrote a blog or op-ed about your own personal story dealing with mental health issues.
- Use social media! Check out [@WhiteHouseAAPI](#) on Twitter and Facebook for examples.



- Create a Public Service Announcement (PSA) on YouTube to spread awareness about the ACA and mental health!
- Become involved in any local health clinics. Translators are always in demand for these events!
- Host sessions about the ACA on campus!
- Get creative... the possibilities are endless!

Mental Health Materials

Where can I find information on mental health?

- Visit [MentalHealth.gov](http://www.mentalhealth.gov)¹ for more information.
 - Find specific information on young people and mental health [here](#)².
- Visit the [Office of Behavioral Health Equity](#)³ website.

What resources are available to those within the AAPI community suffering from mental illness?

- The Substance Abuse and Mental Health Services Association (SAMHSA) provides a great list of resources that can be found [here](#)⁴.
- [Get Help Coping with a Traumatic Event](#)⁵
- [Getting Through Tough Economic Times](#)⁶
- In case of emergencies, please call 1-800-273-TALK (8255) to reach a 24 hour [suicide prevention lifeline](#)⁷.

Where can I find the data on mental health among youth and within the AAPI community?

- Here is the most recent data available on [Mental Health amongst Youth](#)⁸.
- [Mental Health and Asian Americans](#)⁹

How can we destigmatize mental health within the AAPI community?

- Visit the [Resource Center to Promote Acceptance, Dignity and Social Inclusion](#)¹⁰.
- To destigmatize mental health, we must first [understand mental illness](#)¹¹.

What role can youth play in supporting those who may be experiencing mental health problems?

- Being a friend makes a difference, [find out the tools you need to support a friend here](#)¹².

How can I better prepare myself to talk about mental health?

- There are several resources available to you, MentalHealth.gov touches upon many scenarios. [Click here](#)¹³ to view them.
- Learn how to start the conversation [here](#).¹⁴

¹ <http://www.mentalhealth.gov/what-to-look-for/substance-abuse/index.html>

² <http://www.mentalhealth.gov/talk/young-people/index.html>

³ <http://beta.samhsa.gov/behavioral-health-equity>

⁴ <http://www.samhsa.gov/treatment>

⁵ <http://www.samhsa.gov/trauma>

⁶ <http://www.samhsa.gov/economy>

⁷ <http://www.suicidepreventionlifeline.org>

⁸ http://samhsa.gov/data/NSDUH/2k12MH_FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm#ch4?utm_source=FindYouthInfo.gov&utm_medium=website&utm_campaign=Did%20You%20Know

⁹ <http://minorityhealth.hhs.gov/templates/content.aspx?ID=6476>

¹⁰ <http://promoteacceptance.samhsa.gov/>

¹¹ http://www.samhsa.gov/mentalhealth/understanding_mentalillness.aspx

¹² http://www.samhsa.gov/mentalhealth/understanding_mentalillness.aspx

¹³ <http://www.mentalhealth.gov/talk/index.html>

¹⁴ <http://www.mentalhealth.gov/talk/community-conversation/index.html>

Affordable Care Act (ACA) Materials

Why is health insurance coverage important?

- [Why Should I Have Health Coverage?](#)¹
- Brochure: [Value of Health Insurance](#)²

How does the ACA help young adults?

- [ACA Benefits for Students by U.S. Health and Human Services \(HHS\) Secretary Sebelius](#)³
- [The Top 5 Things Young Adults Should Know About the ACA](#)⁴
- Video: [Abby's Story](#)⁵

How does the ACA help AAPIs?

- Fact Sheet: [ACA and AAPIs](#)⁶
- Infographic: [ACA and AAPIs](#)⁷

How can we raise awareness of the ACA and encourage more AAPIs to enroll?

- **HealthCare.gov:** This official website is the best source for the latest and most accurate information about the Marketplace. The website has resources, videos, and checklists - and live web chat available 24/7.
- **Toll-free call center:** Consumers can call 1-800-318-2596 to speak with a trained customer service representative 24/7 with assistance available in over 150 additional languages.
 - Brochure: [Getting Help in Another Language](#)⁸
- **Consumer Assistance:** Consumers can get help with selecting health plans, enrolling and other questions about health insurance over the phone and in-person through a number of [Consumer Assistance Programs](#)⁹. These programs and consumer assistance resources can be found via HealthCare.gov and at [localhelp.healthcare.gov](#)¹⁰.
- **Materials:** Brochures, fact sheets, posters, infographics, videos, and talking points are available for viewing and download at [marketplace.cms.gov](#)¹¹. You can order materials at no charge at [productordering.cms.gov](#)¹² and through [SAMHSA](#)¹³.
- [Stay up-to-date with the Marketplace](#)¹⁴ through HealthCare.Gov.

¹ <https://www.healthcare.gov/why-should-i-have-health-coverage/>

² <http://marketplace.cms.gov/getofficialresources/publications-and-articles/value-of-health-insurance-english.pdf>

³ http://www.huffingtonpost.com/sec-kathleen-sebelius/class-of-2013-graduate-wi_b_3319763.html

⁴ <http://www.hhs.gov/iea/acaresources/brochures/young-adults-top5.pdf>

⁵ https://www.youtube.com/watch?feature=player_embedded&v=EZCT9bEeQcY

⁶ <http://www.hhs.gov/healthcare/facts/factsheets/2012/05/asian-americans05012012a.html>

⁷ <http://www.ed.gov/edblogs/aapi/files/2013/03/ACA-Infographic.pdf>

⁸ <http://marketplace.cms.gov/getofficialresources/publications-and-articles/getting-help-in-a-language-other-than-english.pdf>

⁹ <http://www.cms.gov/CCIIO/Resources/Files/Downloads/marketplace-ways-to-help.pdf>

¹⁰ <http://www.samhsa.gov/economy>

¹¹ <http://www.marketplace.cms.gov>

¹² <http://www.productordering.cms.gov>

¹³ <http://store.samhsa.gov/product/SMA14-4818>

¹⁴ <http://healthcare.gov>